



How to Use the Anti-Static Wrist Strap

Follow this guide to learn how to use an...

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INTRODUCTION

Follow this guide to learn how to use an anti-static wrist strap.

Anti-static wrist straps help minimize electrostatic discharge (ESD) when repairing electronic devices. Although not technically required, they pair with [anti-static mats](#) to equalize the charge between your hand and the device.

For more information on ESD, click [here](#).

TOOLS:

[Anti-Static Wrist Strap](#) (1)

Step 1 — Remove any jewelry



- Before you begin, remove any jewelry from your wrist and fingers.

Step 2 — Adjust the strap



① The [anti-static strap](#) should be adjusted to fit snugly on your wrist.

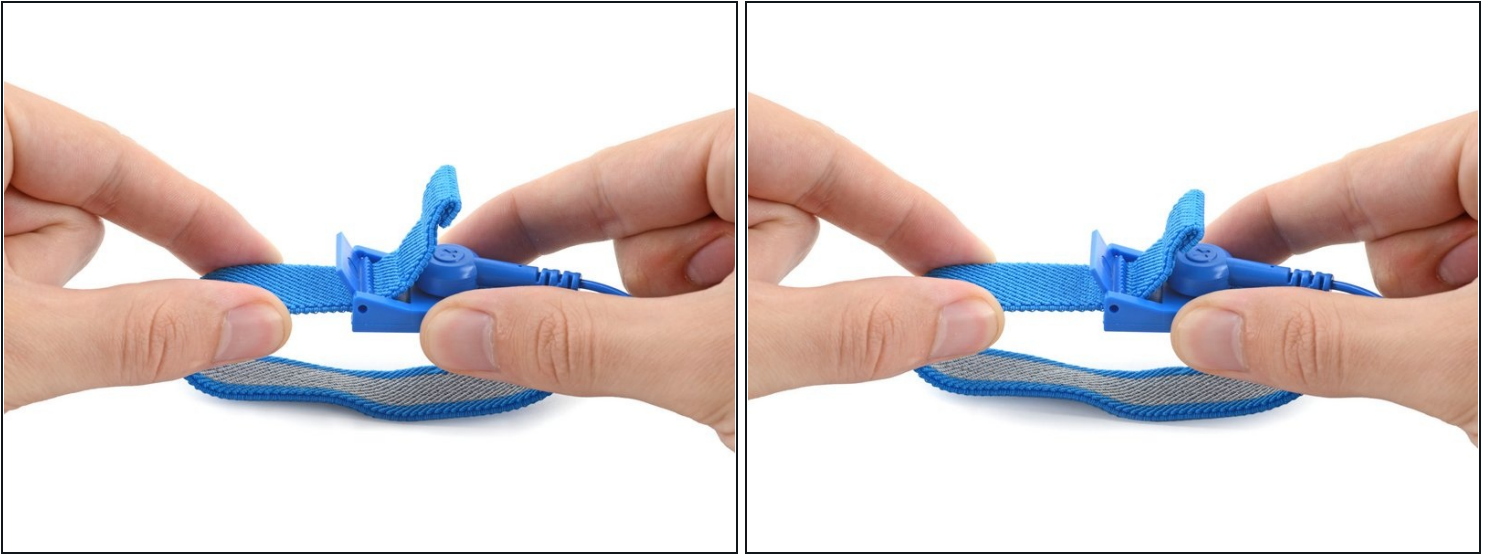
- Pull up on the looped end of the strap to disengage the plastic lock.

Step 3



- To tighten the strap, pull the looped end away from the plastic slide.

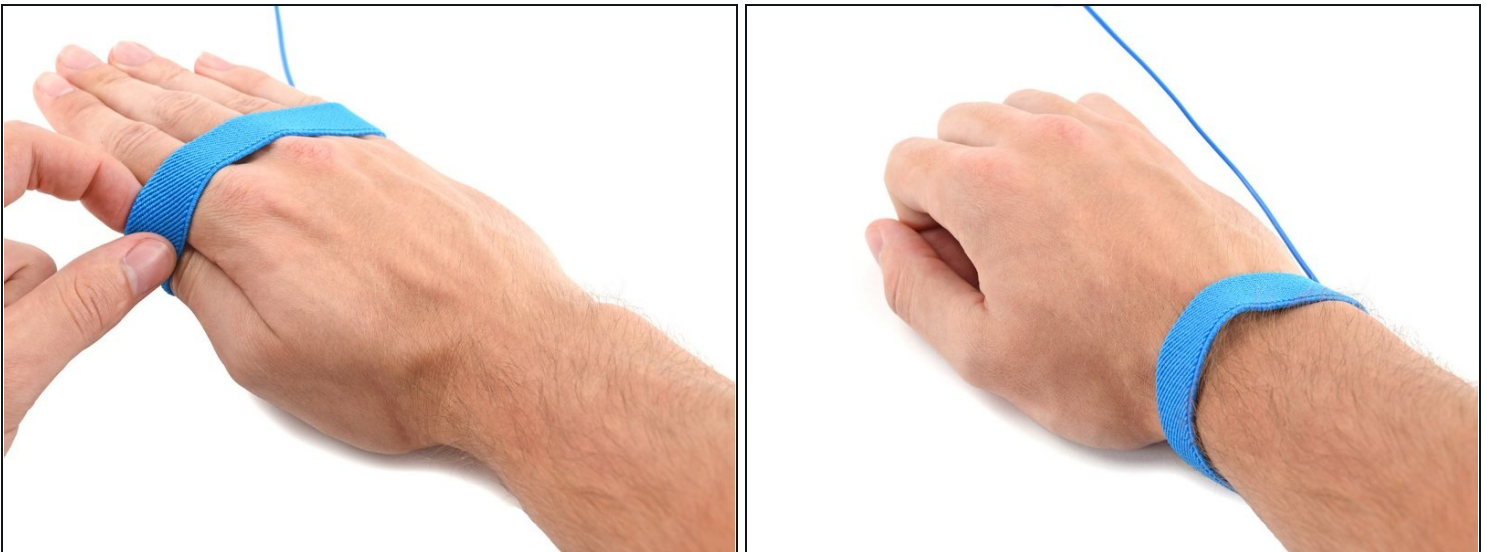
Step 4



- To loosen the strap, pull the main part of the band away from the plastic slide.

① Re-engage the plastic lock before continuing.

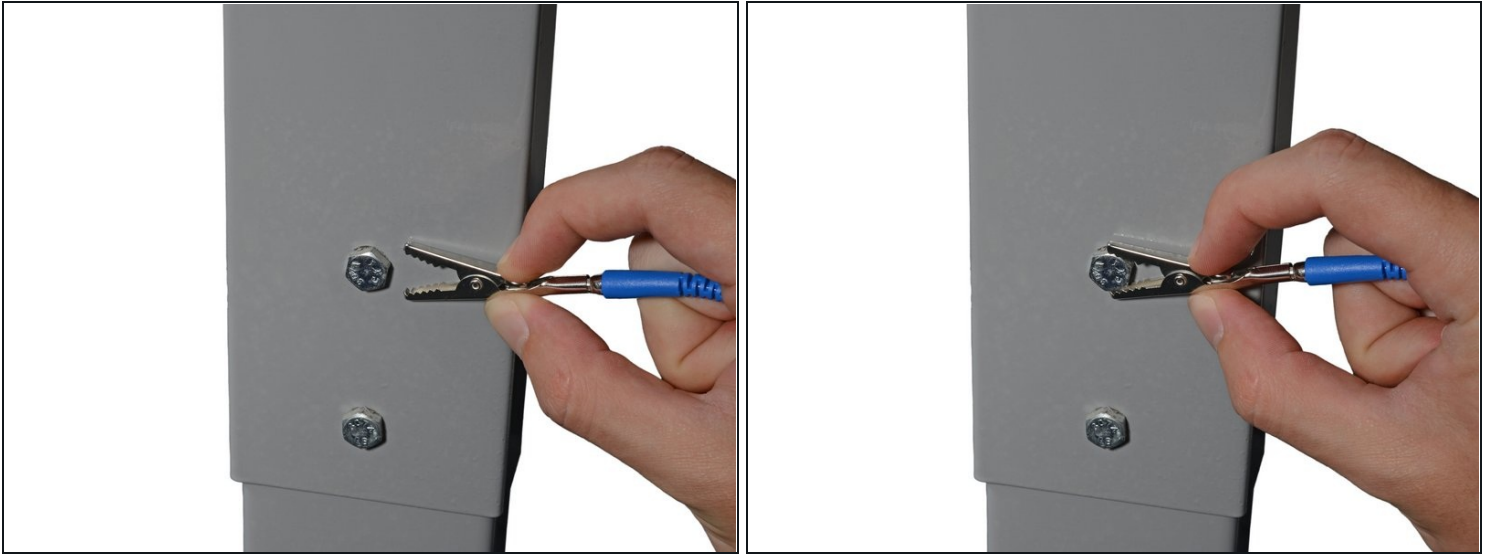
Step 5



- Slide the strap over your hand and secure it to your wrist.

① If the strap is still too loose or tight, you can adjust it while it's on your wrist.

Step 6



- Attach the metal clip to one of the grounding nodes on an [Anti-Static Mat](#) or a grounded metal surface.

Step 7



- You're now ready to repair.
- ⓘ During your repair, be mindful of the strap's cable, as stretching it too far can cause the clip to unsnap.

For other general electronics skills guides, click [here](#).